



SMALL GROUP TRAINING

Personalized • Affordable • Effective.

HOLIDAY TRACK

\$24/session for In-Person & Hybrid, \$20/session for Virtual
November 11 - December 21 (excludes Thanksgiving, and Thanksgiving weekend), 6 weeks

Tracks: _____

Track 01	M/W/F	6:30 – 7:25am	Aidan (In person)	\$408
Track 02	M/W	8 – 8:55am	Faye (In person)	\$288
Track 03	M/W/F	9 – 9:55am	Jon (In person)	\$408
Track 04	M/W/F	12 – 12:55pm	Brian (Hybrid)	\$408
Track 05	M/W	5 – 5:55pm	Holly (In Person)	\$288
Track 06	Tu/Th	6:30 – 7:25am	Brian (Virtual)	\$220
Track 07	Tu/Th	8 – 8:55am	Jon (In person)	\$264
Track 08	Tu/Th	9 – 9:55am	Tanya (In person)	\$264
Track 09	Tu/Th	12 – 12:55pm	Tanya (Virtual)	\$220
Track 10	Tu/Th	5 – 5:55pm	Chris (In person)	\$264
Track 11	Sat	9 – 9:55am	Aidan (In person)	\$120 (does not include sat after thxgiving)

- 5 weeks
- Max 6 people

SPECIAL OFFER!

New participants get \$25 off!

Register here:



For more information, visit the CHF front desk,
beachcitiesgym.org/small-group-training
or call 310-374-3426, Option 3.



Center for
Health & Fitness

A Public Agency

A Beach Cities Health District Program